

THE Healing Arts Program

In this class
you will learn about:

- Soma Awareness
- Mindfulness
- Creative Self-Expression
- Healthy Communication

Coming Fall 2015
For Teenage Youth



Topics covered in class:

- CONNECTING TO MINDFULNESS AND TO OUR EMOTIONS
- CONNECTING TO OUR BODY SENSATIONS
- STRESS, TRAUMA & ANXIETY
- HEALING WITHIN
- HEALTHY RELATIONSHIPS & THE POWER OF COMMUNITY
- TRUE CONNECTION
- DREAMING IS BELIEVING
- GRATITUDE, LOVE & EMPATHY



children's institute, inc.

CII's Watts Interim Site:

1522 E. 102nd Street, Los Angeles, CA 90002

To sign up please contact:
Aileen Ho, Family Engagement Team
(213)385-5100 x7501



TRUE CONNECTION

True Connection is a women-driven non-profit organization based in Los Angeles, CA that provides free and accessible mental health education and therapeutic arts to at-risk and high-risk youth and traumatized individuals who have a greater degree of stress or symptoms and need more specialized, ongoing development.

Children's Institute, Inc. (CII) helps children in Los Angeles's most challenged communities heal from the trauma of family and community violence, build the confidence and skills to break through the barriers of poverty, and grow up to lead healthy, productive lives. Established in 1906, CII now reaches more than 24,000 children and families each year through treatment, youth development, early childhood and family support services. We also work to inform the larger field of children's services through the research and professional development efforts of our Leadership Center. childrensinstitute.org

El Programa de Artes Curativas

En Esta Clase Aprenderá Sobre:

- Conciencia de Soma
- Conciencia
- Expresión Creativa
- Comunicación Saludable

En Otoño 2015
Para Adolescentes



Temas a tratar en clase:

- CONEXIÓN A CONCIENCIA Y A NUESTRAS EMOCIONES
- CONEXIÓN A NUESTRAS SENSACIONES DEL CUERPO
- ESTRÉS, TRAUMA Y ANSIEDAD
- CURACIÓN INTERNAL
- RELACIONES SALUDABLES Y EL PODER DE LA COMUNIDAD
- CONEXIÓN VERDADERA
- SOÑAR ES CREER
- GRATITUD, AMOR Y EMPATÍA



Sitio Interino de CII Watts:
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Para inscribirse por favor contacta a:
Aileen Ho
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Children's Institute Inc. (CII) ayuda a niños en las comunidades mas necesitadas de Los Angeles para sanar del trauma de violencia en su familia o en su comunidad para que obtengan la confianza y las herramientas para traspasar la pobreza y puedan crecer para tener vidas sanas y productivas. Establecido en 1906, CII ayuda a mas de 24,000 niños y familias cada año con tratamientos, desarrollo de jóvenes, y servicios de apoyo para las familias en conjunto con servicios de la primera infancia. También trabajamos para brindar información a la disciplina de servicios para niños usando estudios de investigación y desarrollo profesional en nuestro Centro de Liderazgo. childrensinstitute.org